Latham Spaw

IN

LANCASHIRE,

With some remarkable

CASES and CURES

Effected by IT;

Together with

A farther Account of It;

As may conduce to the

PUBLICK ADVANTAGE

With Ease and little Expence.

LONDON;

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UMI

TO THE
RIGHT HONOURABLE
CHARLS
Earl of *DERBY*,
LORD LIEUTENANT
Of the County Palatines of
Cheshire and *Lancashire*,
Chamberlain of
CHESTER,
AND
LORD of *MAN*,
and the ISLES, &c.

My Lord,

SPrings *tend not more naturally to the Ocean, than this*

Treatise to your Lordship, The rise and Original of it.

What I have collected, the faults excepted, hath been much out of your own Observations, writ in a Stile, your Lordship must pardon, that it may live.

When I first visited your Spaw, *I approacht its Avenues with some prejudice, being not convinc't of the Efficacy of*

Waters

Waters (though I have obſerved ſome, and read of more) in compariſon of a well order'd Method in Phyſick, which I ſtill favour: Though in pertinacious obſtructions, and diſeaſes, that muſt be long hewing down, native to thoſe Parts through which the waters may paſs, incline much to their uſe, eſpecially if Patients (nauſeating variety of Medi-

cines) *can comply with These, as more natural and obvious to their Constitutions.*

And here by the way, I cannot approve of such fictitious waters, as some by a pretended skill, in opposition to natural Spaws, *say they can apt to this or that distemper. No, I am not convinct that Art (though in some great Masters of it, it may arise to a wonderful*

Ex-

Excellency) can yet ever ſo deliciouſly compoſe medicines as to equal the refin'd Spirits, which God and Nature hath with ſo much Curioſity mixt in the Bowels of the Earth.

A truth Fallopius *ſeems to deny*, hac ratione ductus, quod ob eorum ſoliditatem (*ſpeaking of concrete Minerals*) nihil ab iis abradi poſſit; *which*

Julius

Julius Cæſar Claudinus *in his* ingreſſu ad infirmos (p. 373.) *clearly confutes, aſwell from their firſt as their ſecond qualities; with whom our Learned* Jorden *in his diſcourſe of Baths, and mineral waters* (p. 63.) *agrees, that before Minerals have their full Conſiſtence, whilſt they are* in ſolutis principiis, *as earth, juice, or vapours* (*afterwards indeed they will*

will need ſome Medium, or Corroſive to unite them with the water) they may be communicated with water, non qua Talia ſunt (*to inforce* Claudius *his words*) ſecundum ſuam ſubſtantiam, ſed per ſoluta ſua Principia, terras (ſcil.) ſuccos & vapores.

And hence I account the waters of Iſrael *better than* Abanah *and* Pharpar

Pharpar Rivers of Damascus; God having on Those bestowed a Blessing, He denied these, his hand having more immediately in those divinely temper'd, what Art in these can but grosly imitate.

And, yet I do not deny that from the Family of Minerals, many powerful and Noble medicines may, and are daily by

Art

Art fram'd to eradicate diſtempers; in which particular none certainly was ever happier than our Learned Willis, the Atlas and ſtrength of Phyſical improvements, which being mixt with common water, as a Vehicle to carry them off, may effect good Cures, ſo Alcoholiz'd: But not with like facility, and ſo little Diſguſt as your Lordſhips and o-

ther

ther Spaws produce: The Abuse of which have many times prophan'd their use: So that they, who would effectually drink of Spaws, must also consult judicially about the manner, there being (as the Lord Verulam excellently observes) many Medicines which by themselves would do no Cures, but being orderly applyed produce great

great ones, Nat. Hist. p. 16.

And here I would not be miſtook, as if by a judicial conſulting of the manner of drinking theſe Spaws I inſinuate ſuch a neceſsity of adviſing alwaies with Phyſicians, as no Doſe could effectually be took without them: No, that were to ſupply the defect of practice by the Commen-

dation

dation of the Spaw, to foment Distempers, and then allay them: An Artifice too mean, and dis-ingenuous, however so specious and practicable.

I know the Poor (for whose Relief these Spaws seem providentially to be found) may resort hither beneficially on small preparations, having robust bodies, natures

tures which with a little help, can work out po-- tent Diſeaſes; And the Rich (coming adviſed by their Phyſicians) may likewiſe receive infinite good, according to the qualifications prefac't) unleſs extraordinary ſymptoms ariſe, which in ſome meaſure too, they may be prepar'd for; That Water being weak, and poorly impregnate, if not inficiouſly, which ever and a-

non requires medicines to actuate its vertues, or to remove bad effects.

I know, Medicinal Springs *were never more pretended to than of late; Nor ſhall I deny ſuch their content*, Qui ipſos inflatis buccis orbi commendant.

That which I have more to add, as to your Lordſhips Spaw, *is only, that*

that I believe Time, the Mother of Experience will commend it to Posterity, especially whilst your Charity Accommodates the Poor, as your Example animates others.

I mention not Time, as if the experience of 20 years in the general, as well as four years particular observation, were not sufficient to evidence the Virtues of your Lordships

Spaw; *But that a greater Concourſe to it may (without the nicety of any) ſet a larger Seal on its power and energy.*

More might be inſiſted on, but I fear I have treſpaſt too long on your Lordſhips Patience, a virtue I would not further wound.

Long may your *Live*, *the* Glory *of your* Family!

mily! *Your* Countrys Preſervation! *and your* Soveraigns Repoſe, *and* Confidence! *That at length, though late, you may be Crown'd with* Martyrs, *and the immarcible Reward of* Loyalty, *and a good* Conſcience! *I am,*

My LORD,

Your Lordſhips moſt obliged and humble Servant

E. Borlaſe.

LATHAM SPAW;

How it is ſituated, what Conveniences may be there had for Strangers, whence it proceeds, its vertues, and ſome account of the Cures wrought by it.

IN the Mannour of *Latham* in *Lancaſhire*, within a quarter of a mile of *Latham-Houſe* (the antient and Magnificent Seat of

the Earls of *Derby*, which too ſharply bears the Character of her Lords Loyalty, and the Miſeries of more than a Civil War) is a notable Medicinal Well, commonly called *Maudlen Well*, in the Tenancy of *Thomas Hulmes* of *Slade*, named the *Weſt-head*, erecting its Spring much higher than the Road adjacent to *Ormeskirke*, the Noble burying place of the *Stanlies*, Earls of *Derby*.

The happy effects of which Well I having obſerved the laſt Summer, attending the Commands of the Right Honourable the Earl of *Derby* and his Lady there, who have equally (with many in their numerous

merous Family) received much benefit thence; I cannot, without injurie to the publique, but obey his Lordſhip in this brief but juſt account, though it be more ſutable to my Inclinations to indulge my Retiredneſs than to expoſe it.

This *Spaw* (by the Care and Nobleneſs of the Earl of *Derby* and his Lady mutually aſſiſtant to the health of their Neighbours) is wall'd in with a good free ſtone, and defended from the violence of weather with a well ordered and decent covering, ſet on a neceſſary, though no curious Fabrick of wood, ordered more to ſecure it from rain,

than the Raies and power of the Sun, which have ſtill a ſufficient influence upon it; whence this *Spaw* being intire, it preſerves (without the affronts of accidents) its own pureneſs and efficacy, iſſuing forth its ſtream (through a well pav'd Channel) into the Road where the neighbourhood and common people (who are alike free, coming at ſeaſonable hours) drink of it there, and convert much of the water (running into the Road) to their neceſſary uſes of waſhing, brewing, and the like with no little advantage; it being obſerved that the people thereabouts are of healthier

er Conſtitutions, and not ſo ſubject to the Epidemical diſtemper of this year, which hath ſo miſerably infected moſt places; though I will not ſay (as *Abheers* of the *German Spaw*) that *vix annoſiores homines ſub noſtro Cælo, quàm Spadanos inveneris*, it is ſufficient they have not like Diſtempers at preſent as elſewhere.

The Water (in its deſcent beating on the pavement) dies it with a ruſty iron colour, one Argument of what it is impregnant with.

Not far from the *Spaw* there are many able Tenants ſufficient to receive the beſt

Perſons with all Accommodations and reſpective conveniencies.

The *Spaw* is ſet about with Trees which yield a pleaſant ſhade, and there are two competent Seats about it for the Patients repoſe, and Attendants.

Adjoyning to it, there is a large field (of late repurchaſed by the Earl of *Derby* for the freer acceſs of all comers thither) by nature caſt into ſuch order, as men and women may have a full conveniency for their walks and evacuations, without treſpaſſing on eithers modeſty, and that with diverſity of Entertainment

ment too, there being ſhrubs, plants, and young trees of ſundry ſorts and uſes.

A fathom ſcarce ſounds the bottom, where there is laid a large Mill-ſtone, through the hole of which the Spring forces its paſſage, caſting up (within a foot of the ſurface) a cleer ſilver ſand, mixt with ſuch variety of little thin Cockle-ſhells, and ſome Periwinkles curiouſly filed by the penetrable quality of the vitriol, as the fineſt glaſs is not more perſpicuous, more ſmooth, that were a Microſcope ſet to inlarge their minute bodies, what figures, what improvement, what

objects might thence captivate the eye? more and no leſs I am perſwaded than Mr. *Hooke* in his Book hath improved to admiration, evincing (as Dr. *Power* in his Preface to his Experimental Philoſophy hath it) the dull world how curiouſly the minuteſt things are wrought, and with what ſignatures of Divine Providence they are inrich't, which (as it is excellently obſerved in the Beauty of Providence) doth not daily fall under our ſenſe and obſervation: And yet none of theſe, or any of the ſand ever mixes with the ſtream, though it iſſues (through a large hole in

in the ſide of the Ciſtern) with a current flux bubling in ſeveral places at once, and is of that ſtrength, that if one try the deepneſs of it with a ſtick, it immediately buoys it up.

Some (from the Cockle-ſhells and Periwinkles found in this water) conjecture, that this *Spaw* may be fed by ſubterraneous veins from the Sea, whoſe ſhore is commonly ſtored with ſuch ſhells; nor is the opinion wholy to be exploded, though the earth (in its matrice) may alſo have ſuch a plaſtick vertue, as (from its prolifick ferment actuated by the Sun) it may produce ſuch ſhells, which, as the caſe

caſe ſtands, is hard to determine.

Mr. *Childrey* in his *Britannia Baconica* (a good piece) page 75. mentions Cockle ſhells, and Periwinkles found at *Alderley* neer *Severn* in *Gloceſterſhire*; but ſo as he rather allows them attempts of Nature failing in her workmanſhip for want of fit matter, than ſuch in reality, which thoſe we ſpeak of are in figure and other ſimilitudes exceeding like, though very minute, and without the leaſt ſubſtance found in them; though in a Cloſe hard by, there are like ſhells which have full fiſhes in them; Ours (as Mr. *Childrey*'s) are

are not found neer the ſurface of the Earth, but in the body of the ſand caſt up by the force of the Spring.

This *Spaw* (by its Effects and the ſeparation of its parts) ſeems impregnate with Vitriol and ſome Allum out of Iron, and not in the leaſt ſaturated with any ill quality.

That Allum is an Ingredient, not the main Principle, nothing diſcommends the *Spaw*; As by *Foreſtus* and others we ſhall hereafter more fully evidence and cleer.

And here before I proceed, I muſt (from all whom I have diſcourſed with) inſert, that if this *Spaw* proves ſlow, in getting

getting off with ſome, it is but with a few, and that through their want of advice firſt, whoſe diſtempers have ſuch a nicety of complications as may (in prudence) require advice, (which I think ought regularly to be taken by ſuch. *Ne fortè aqua noxios humores incurrens, eos ſecum rapiat, inventamque obſtructionem augeat*, as *Abheers* obſerves) or if it comes off ſlow, it is through the irregularities of others in taking the water too late in the day, and dining too early and plentifully after, indulging beſides a more than ordinary freedom; Yet none ever complained that it prejudiced

judiced them in the leaſt.

I have heard that Dr. *Spratling* (a Perſon worthily reſpected in *Lancaſhire*, for his Endowments, though ſomewhat moroſe and cloudy) commended this *Spaw* to Mrs. *Fleetwood* of *Penwerden*, and others, as ſingularly good.

And this Teſtimony I have from a Reverend Prelate, one of the moſt ingenuous and intimate Sons of the inmoſt Receſſes of Nature, that He hath a very good Opinion of this *Spaw*, though he drank but one morning of it: In which opinion is Dr. *Pope*, one of the Councel of the Royal Society; And Dr. *Howorth* of *Mancheſter* (my

(my honoured friend) a Perſon whoſe deſert intitles him to no mean Credit, writes to me, That he lately viewed and drank of the *Latham Spaw*, and perceived it to be as deeply impregnate with the tincture of the Iron and Vitriol Minerals as any water in *Lancaſhire*, or the *Yorkſhire Spaw*: adding further, That the greateſt Teſt now muſt be from Thoſe, that by experience make further diſcovery of its uſefulneſs and benefit it affords, which he believes may anſwer the hopes and expectation he hath of it.

And old *Spaw* drinkers, of which I met ſome at this *Spaw*, told

told me cheerfully, that a leſs quantity effected their buſineſs than at *Tunbridg*, *Epſom*, *Barnet*, and other *Spaws*, of which (in an ingenious Perſons Caſe here following) you will have a notable proof, which cannot but be an excellent Quality, conſidering thereby that the Hypochonders are leſs ſtretched, Obſtructions are more powerfully opened, the filth of the ſtomach impacted in its folds and wrinckles is ſooner fetcht off, eſpecially if an eaſie vomit of *Sal vitrioli albi*, which as well *aſtringendi vi*, ſtrengthens as evacuates the ſtomach in robuſt and obſtinate bodies, precedes, and the membranous

Parts

Parts (by the ſpeedier comming off of the water) are eaſier reliev'd, eſpecially if this *Spaw* be a little acuated (as I have adviſed ſome) with Salt of Vitriol, or Steel, or Cakes of Cream of Tartar, the *German* way prepared, freely beſtowed by the Counteſs of *Derby*, who obliges (by her great indulgence) her Neighbours thereby.

There is an Ingenuous Perſon, one of a quick and through apprehenſion, who coming (more out of a complacency than complaint) to this *Spaw*, drank of it with others ſome daies ſucceſſively, but ſeldom more

more than three pints at a time, yet made within an hour and an half two Chamber-pots full of Urine; which clearly demonſtrates its celerity and vertue. And that he might not be without a bleſſing (though the healthfulneſs of his Conſtitution knew not what he might deſire) he yet found much gravel, to which his Parents are addicted, evacuated by it, and himſelf freed of an Ebullition of blood, which Critically (about Midſummer) had expreſſed its virulency in ſmall pimples, for ſome late years, with much offence.

This *Spaw* I have throughly

tried as to the turning its colour with the powder of galls, oak leaves, the boyling it with milk, the bearing of ſoap, which (as the Lord *Bacon* obſerves, *Nat. Hiſt.* p. 87.) hungry water will not admit of, ſuch kills the unctious nature of the ſoap. As likewiſe I have tried other experiments (frequent in the like Caſe) and I find few *Spaws*, if any ſooner anſwer all their Teſts than this. Leſs than a grain of the ſhavings of Gall will immediately tincture a conſiderable glaſs full of the water, firſt purple, then inky. Nay, I have experienced that after ſome of this *Spaw* had been

been kept ſeven weeks in a bottle, it yielded to the Gall a full colour, though indeed, it putrifies ſoon, being out of its body, which argues highly the fineneſs of its Spirits, they being thin and aerial, and is an evincing token of its vertue, in the Judgment of the Lord *Verulam*, *Paulus Ægineta*, *Oribaſius* and others.

And that I might be yet fuller informed (deſiring to lay no Fucus on a wither'd face) I cauſed three pints of this water (after it had been carried ſeven miles) to be diſtilled in a Lamp Still, excellently performed by my Lords

Apothecary in the Houſe: The firſt four or five ſpoonfuls of which ſo diſtil'd, I turn'd (as I had done the reſt from the Well) with a little Gall, though what was afterwards diſtil'd never altered in the leaſt, notwithſtanding how much Gall ſoever I put in, but remain'd inſipid and clear.

I put alſo into a glaſs of *Spaw* water, at the Spring a few drops of the volatile Spirit of Harts-horn, which made a white ſeparation, with a ſtrong ſcent, not of the fætor of the Harts-horn, but the *Spaw*, as if it had drawn all its Spi-

rits

rits into a narrower compaſs, which a few drops of the oyl of Tartar reduced to its clearneſs and ſcent.

The ſcent of this *Spaw* is not loathſom, ſomewhat it is like ink, more (in my apprehenſion) like the Sea-ſhore when the Tide's gone out, brackiſh and ſubtile.

Further, I exactly weighed a glaſs of freſh Spring-water with as much to a drop, as we could meaſure it, of *Spaw* water, which in three ounces (ſo much the glaſs contain'd of Spring-water) the *Spaw* water came ſhort of the Spring-wa-

ter a full half ounce, which demonſtrates the levity of its parts, and the ſubtilty of its Spirits, which in the opinion of the Lord *Verulam* (*Nat. Hiſt. pag.* 86.) makes much for the better: Though I muſt confeſs too with *Heurnius*, that Learned and intire Phyſician on *Hippocrates* his Aphoriſms 26. *l.* 5. *Non lance ſemper æſtimanda eſt aqua, ſed ſi non gravis ſit Hypochondrio, verùm ſi ea ſubito pervadat, nec ibi cunctando putreſcat*, is the beſt quality, which I have already manifeſted are extant in our *Spaw*.

This *Spaw* hath a blewiſh Cream,

Cream, or skin which ſwims upon the water after it hath ſtood a very little while, *Inſtar iridis, vel caudæ pavonis in aquæ ſuperficie*, to uſe *Hadrianus* a Mynſichts expreſſion in his *Anima Vitrioli*, a medicine of admirable uſe, as this *Spaw*, (for this reaſon) may be in many of the like Caſes, eſpecially when obſtructions are the original of ſuch diſtempers.

I know coal waters, and others which are not without ſome ill quality (as ſtanding Lakes and the like) have the ſame coloured ſcum, but not from the like Principle, the

one being from putrification, This the innate vertue of the Minerals.

Abbeers (who in concerns of this nature leaves nothing unſearcht) believes this vari=ous colour'd fat, or skin in the ſuperficies of the *Spaw* to be liquid Amber, though others think it Sulphur: But whe-ther from the one or the other, certainly much vertue is ſpecified by it, both being in-gredients active and effectual.

This *Spaw* works ſeveral waies, moſt by Urine, often by Urine and ſtools, ſome-times by Vomits, but leaſt free that

that way, unleſs the ſtomach be before foul and nauſeous.

The *Spaw* at firſt drinking, is exceeding cold; to avoid the inconveniences of which falling ſuddenly on the ſtomach, a ſenſible part and the bowels, I adviſe, as is uſual in the like caſe, Fennel ſeeds, Coriander ſeeds, Lemmon or Orange pills, Angelica roots, or roots of Enula Campana candied, to be taken with it, which brings off the water gratefully: And if ſome few drops of that Noble and generous Medicine *Elixar proprietatis* be taken in a draught of the water now and then,

I am perſwaded it may further its excellency, as the Earl of *Derby* fully experienced when he took the water in reference to an indiſpoſition on his ſtomach, which this *Spaw* hath happily removed, begetting beſides an excellent appetite.

Some (*Claud. p.* 382. not without Authority) admit of a ſpoonful of Salt in their firſt Cup, *ut facultatem inteſtinorum irritent, ac alvum ſubducant*, which in robuſt bodies replete with groſs humours, I ſhall not forbid according to *Avicen* and *Meſue* cited by Dr. *Jerden, p.* 130. though it is too ſevere,

ſevere, and harſh for finer contextures, having ſuch tenuity of parts as may fret the guts and bowels.

In the weaker and fineſt bodies Manna may be ſufficient, Rhubarb with Cream of Tartar, or *Tartarum vitriolatum*, or my Deobſtructive powder, which I have obſerved hath done ſingularly well.

Some have been for drinking this *Spaw* warm (as they were they ſay the firſt Examples of that courſe at other *Spaws*) the ſtomach being apt to ſuffer by the contraction the water may make on the

the nerves through its active quality, the nerves enduring no cold, in purſuance of the Lord *Verulams* advice for warm drinks, (Hiſt. Life and death p 214) which may be in ſome conſtitutions more proper at meals than in a courſe of Phyſick, and I believe his Lordſhip means ſo, for ſo drunk in a courſe of Phyſick it makes it more nauſeous, diminiſhes its ſpirits, renders it leſs penetrable, and gives it another quality, though in weak bodies the water with good effect may be taken warm, yet if ſuch who deſire to take it ſo would either drink it in their bed, or go to bed ſoon after

after they have drunk their doſe (as with ſome is uſual at other *Spaws*) all inconveniencies of its chilneſs would be eaſily prevented, eſpecially if the former rules of taking ſome gentle Correctives with the water were faithfully obſerved, or a little white wine drunk with it, *Ut ſi veſtigium aliquod frigiditatis ventriculo ab illis communicatum fuerit, ab his deleatur.* Claud. p. 390. For though this water (as *Abbeers* obſerves of his *Spaw*, p. 102.) *Actu eſt humida, potentia potentèr exſiccat & calefacit, ſicque ventriculi, & Cerebri vitia emendat.* And that it affects the ſtomach by its coldneſs with no

no ill effects, is evident from the appetite it raiſes in all that take it, ſignally remarkable even to the repairing of ſome appetites proſtrate before, *conſtringendo enim ventriculi orificium excitat ſuctionem*, as *Hollerius* in his *praxis*, p. 456. obſerves from our ſupream Maſter, when he calls cold water ὕδωρ βορρᾶν *Vorax.*

The Right Honourable the Counteſs of *Derby* when ſhe firſt began to drink of this *Spaw* (three or four years ſince) was forc't to take Cardamum ſeeds with it, now a few Fennel ſeeds, ſometimes without any thing, the *Spaw* paſſes off with

with much eaſe and benefit.

Exerciſe (whileſt the *Spaw* is in drinking) is moſt neceſſary: light walking is good, but in that the body is apter thence to ſweat, than diſtribute the water, the matter of which is much ſpent by ſweat, eſpecially if the motion be violent, whereby the ſtrength being drawn into a narrow room, the Spirits become more ſharp, and predatory, I commend riding, ſhooting, bowling, or what may make the water more eaſily deſcend, and inlarge its diſtribution; and if ſome eaſie exerciſe to warm the bowels be had before one

drink

drink the water, I conceive it may make way for the water to proceed with leſs prejudice.

What diet (in this caſe) is moſt neceſſary, is very obvious, *viz.* meats of eaſie digeſtion, all fruits of the ſeaſon muſt be avoided; early riſing, going to dinner when the waters are come off, and ſoon ſupping is moſt requiſite; yea *Lipſius* his advice to *Leſſius* from the *Spaw* in his Epiſtles is excellent, *vix quandocunque venietis cœnulam vobis paratam apud me ſcitote ex legibus ſpadanis, tenuem frugalem cum fame dimiſſuram*: ſo is a cheerful ſpirit, moderate exerciſe, and all tem-

temperance, and the body by Art, if the water effects it not, is constantly to be kept open.

In what Cures this *Spaw* hath been most happy I shall in brief run over some; Time, which matures all, and my leisure, (at present somewhat disturbed) being to enlarge further as there is occasion.

In facilitating the passage of the stone and gravel, and absterging its sordes and mineral, I find it very successful.

One *Cropper* in the Mannour of *Latham* hath (for these twenty years) found, (as to

the ſtone and gravel) much benefit by this *Spaw* in great violence and extremity.

Major *Henry Novell* Deputy Governour of the Iſle of *Man*, drinking of this *Spaw*, found (as I am informed) infinite relief by it, voiding thereupon much Gravel and many ſtones.

John Lingley a poor man, miſerably afflicted with a continued pain about his reins, and his bladder, eſpecially when he would make water, drank freely (after he had been gently purged) of this *Spaw*, by which he immediately found

found such ease, that the *membrum virile* (swelling *priapismi instar*, constantly before when he endeavour'd to make water) grew orderly, and he voyded the next morning a stone with two discoverable branches.

A Gentleman of a fair Estate, and an Ancient Family nigh to, and in *Leverpool* (one of the most encreasing and flourishing Sea-Towns now in *England*) having, but ineffectually, long experienced the ablest advice in *London* for an Ulcer in his right Kidney, at length repaired to this *Spaw*, of which for some daies (indeed too

few to make a thorough Cure) he drank freely, and with that effect, as ever ſince he is reſtored to ſuch a competency of health and ſtrength, as he travels in his new Chariot with eaſe, and walks without the leaſt diſturbance, who for ſome years before could not ſtir without ſtooping and much pain.

Strange ſucceſs it hath had on moſt ſturdy obſtructions, and Annual pains.

Richard Dinton (at preſent Coachman to the Earl of *Derby*) was long held with an exceſſive pain about his ſtomach,

ſtomach, fluſhing heats in his head, and a ſtreightneſs at times about his heart. Several months ſucceſſively (for two daies together in a month, and no more) he had an intermitting Tertian, with a regular Type, and a ſharp ſtitch in his right ſide; for which he tryed much means, but in vain; At length he drank freely of this *Spaw*, taking ſome daies a little *Rhubarb* and ſalt with it (the Medicine is of the Lord *Bacons* approbation, *Hiſt.* of Life and Death, *p.* 218.) and is now in good health.

A Gentlewoman of good

note washing her knees and hams morning and evening with this Water (she drank of it too) eased her self thereby of infinite pains and aches in those parts.

Here I must insert a Case of great importance, *Elizabeth Holden* Wife to one of the Keepers of *Latham* Park, a woman of good years, and grave, having for a long time suffered under intolerable pains about her stomach, back, and belly, principally towards the Matrix, and in her groins: And fearing by the bigness of her belly, that she might fall into a Dropsie, drank orderly

ly of this *Spaw*, being tired out with variety of Churliſh Medicines before. After a day or two, the *Spaw* wrought ſo effectually with her, as firſt it mitigated her pains, then leſſened her belly, and at length, *Oh numen Aquarum*! It brought away ſuch *Bladders*, as many of them equall'd a pigeons egge, which being broke, with ſome noyſe, yeilded a ſpoonful of limpid liquor ſomewhat jellying: Before the voiding of which, pains, not unlike *Throws*, preſſed her in her belly, groins, and lower parts. I had (by the favour of the Earl of *Derby*) one of thoſe *Bladders*, the laſt I think, ſhe

ever voided, ſent to me, whoſe outward Tunicle was not unlike a Swines bladder, but without *Fibres* or veins; within it was ſmooth, and had adhering to its ſides a ſlimy blewiſh jelly ſubſtance. Upon diſcourſe with her, of which afterwards ſhe aſſured me, that ſhe had not voided leſs (ſince ſhe took notice of them) then two hundred, each with pain and trouble, though the laſt with leaſt. What to think of theſe I am ſomewhat uncertain; That there are Monſters in Phyſick, as in Nature, is no late Exclamation. *Ludovicus Nonnius*, a learned Phyſician of *Antwerp*, in an Epiſtle to the moſt

moſt ingenious *Beverovicius* of *Dordrecht*, inſerted in his Treatiſe *De Calculo*, writes that as in the Yard Caruncles may be generated, which incloſe Urine, ſo the like ſubſtance may be bred in the body of the bladder: And *Zacutus Luſitanus*, that admirable obſerver of eſpecial Caſes, *p.* 184. gives an excellent evidence, that *multa monſtroſa in veſica innaſci, & membranæ nerveæ Globi cryſtalli formes, incredibilis quantitas pituitæ, & alia mira quæ intus corerçita deinde excernuntur cum urina.* Nor is *Sennertus*, that Learned and excellent man leſs obſerving in his Chapter, *de vermibus & aliis præter naturam*

turam in vesica natis. And none of our books, treating of preternatural accidents, but are plentifully stored with strange productions from the womb; Concessions much strengthening our present Case though they clear not the reason of it: Nor do I believe the reason is easily found out.

Multa tegit sacro involucro Natura.

Though till I am better convinc't, I must suppose these *Bladders* voided by our Patient to be bred in her bladder, if there, or in her womb, as Aposthumes, of which there are great varieties arising from choice of matter, as *Sennertus* well

well obſerves, diſſeminated through the whole body, ſome of them incloſed in a proper tunicle, receiving form and matter from the place they are generated in. I have been lately aſſured by a Perſon worthy to be credited, that having had ſome years ſince, diſcourſe with an Eminent Phyſician in theſe parts, whoſe infirmities generally tyed him to his Chamber, he was then told by him that he once had a Patient, a Gentlewoman of good quality, who on her Urine had a fat ſcum with various colours in it, under which ſwam many Bladders, the bigneſs of a large pins head, very clear,

clear, which being broke afforded a ſlimy water, which he conceived were the effects of ſome Apoſtumated matter in the Reins, and not improbable, ſo various is Nature in the diſcharge of her burden. But that which ſways moſt, next to what may be imputed to the irregularities of the womb, is the opinion of a Learned Phyſician, whoſe deſerts challenge more than is paid to his years and merits. He conceives theſe *Bladders* come from the *Meſentery*, and are the *involucra* and *Cyſtes* of *Scrophulous Tumors* generated there, there being, as *Vigo* maintains, the focus and ſeminary

minary of the *Scrophula* expelled thence, as *Schenckius* obſerves of other evacuations, *per ductus occultos*; and hence *Foreſtus* in his Treatiſe of Chirurgical obſervations (*lib.* 3 *p.* 259. in 8°) from *Arnoldus* obſerves, that *Aquæ minerales aluminoſæ non ſolùm infernos hos ſtrumoſos, ac pituitoſos abſceſſus, ſed externos quoque & ſumma corporis occupantes imminuunt, ac diſcutiunt*; from whence this Patient received ſo much benefit: But to our intent.

The Collick ſeldom here miſſes of a Cure; *Holmes* who had lately the ground in Leaſe, gives an excellent Teſtimony of

of this, as others whileſt I was on the place.

Since, Mr. *William Blackbourn* of *Billings*, a young Gentleman, having ſome ſharp heats breaking forth in his body, went the laſt *Autumn* to *Holywell*, in hopes the coldneſs of that Well (certainly a clear and freſh one) would have relieved him; But waſhing there, returned notwithſtanding with the ſame heats increaſt, and ſome days after had the Collick ſo extreamly, as it tormented him much; Whereupon coming to this *Spaw*, he drank plentifully of it, and was that day cured of his Collick, and mended

mended immediately of his itch.

This *Spaw* hath wrought good effects on long obſtructions, of which ſomething hath been took notice of in *Dintons* Caſe.

The Counteſs of *Derby* being ſenſible of a more than ordinary indiſpoſition on her right *Hypochonder*, applyed her ſelf, two years ſince, to the drinking of this *Spaw*; The *Spaws* in *Germany*, (thoſe of *Ardenne*, as that of *Wilong* in the Territories of the *Lantgrave* of *Heſſe*, famous for the Dutcheſs of *Longaveile*, *Siſter* to the

Duke

Duke of *Conde*, proving afterwards with Child) having been no ſtrangers to her Palat and obſervations, which incouraged that Excellent and diſcerning Perſon to hope well of her own *Spaw* at *Latham*, in taſt and trial not unlike. Upon drinking of which ſhe found ſo notable an improvement of her health, languid and impair'd before, that her appetite return'd, the rawneſs and crudity of her ſtomach before mentioned, wore off, her ſhuſhings and heats grew leſs, and her Liver (till then ſtretcht immoveably to her ribs) grew looſe and plyable, and all upon drinking this water,

water, this admirable vehicle imbib'd with ſuch active qualities as waſting the pertinacious humours, adhering to the *Parenchyma*, and veſſels, before rebellious to ordinary ſolutives, and medicines, reſtored her Ladiſhip to the excellent health ſhe now enjoys.

The Lady *Colcheſters* Gentlewoman complaining, through a long indiſpoſition, of much pain inher head, and ſtomach, with a ſtrange averſeneſs to meat, & a vomiting afterwards, drank orderly (after ſome ſmall preparations) of this *Spaw*, and in few days grew well,

and ſo continues.

In old Aches, and inward and outward Sores, this *Spaw* is of good effect.

Thomas Holmes of *Slade*, about 50 years old, having been troubled ſeveral years laſt paſt with a pain about his Midriff, which though not altogether, yet in great meaſure hindred his daily Labour, contracted by a ſtrain, lifting a great weight neer 20 years ſince, the laſt *May* began to drink of this *Spaw* (not conſtantly and regularly, but as he thought fit, and buſineſs permitted him) in quantity about

about two quarts at a time, and is now not only freed of his pains, but can daily do more work than he could poſſibly reach to for ſome years before.

His Servant alſo, about Chriſtmaſs was twelve-month got a ſtrain in his back, lifting more than he could well maſter, which diſinabled him much; In *June* laſt he drank of this *Spaw*, for the moſt part, twice a day for ſome weeks, whereby he is now luſty and follows his labour cloſe, without the leaſt ſenſe of his former Complaints.

Henry Maudesley (within the Mannour of *Latham*) being in very great pain at his heart, in his thighs, legs, feet, and head (you must accept of his own expressions) for which he had tryed what help *Boulton* and the Country afforded (Eminent men in some places) but in vain, came, or rather, with much ado, crawled to *Latham Spaw*, with a strong confidence, where in the morning, he drank thereof freely, and getting a bottle, carried it full home of the same water, and drank of it when he went to bed; Next morning he found himself (amaz'd

(amaz'd at the Deliverance) in a very good Condition, and both his thighs broken out with pimples, out of which iſſued much water, whereupon he immediately grew perfectly well, and ſo continues.

Alexander Parr, one of the Keepers of *Latham Park*, on a bruiſe, vomited much blood, and thereupon grew weak, and ſhort-winded, but drinking of this *Spaw* recovered ſtrength, grew hearty, and ſpat no more blood.

Thomas Aiscough, one of an athletick conſtitution, upwards

of 50. every winter (for ſome years laſt paſt) being troubled with a ſevere Cough, together with a ſhortneſs of breath, complaining withall of ſuch exquiſite pains in his ſhoulders and over his breſts, as the anguiſh of them would ſometimes cloud his Reaſon. *Quibus etſi non tollitur lumen illud, ut ſic dicam, mentis: tamen interdum offuſcatur, & velut nubeculâ ſerenitatem ejus ſubducunt*; to make uſe of dear *Lipſius* his words to *Prunius*, then his pains would deſcend to his ſtomach, where they would be more tolerable, and afterwards ſettle, with much virulency, in his thighs, having in their walk pain'd his hips,

hips, ſo as to turn them black, and in the end determine in his great toes, with bliſters pouring forth (for ſome weeks) freely thick and putrid matter, as *Herc. Sax. p.* 288. obſerves in the like Caſe, Humours deſcended, *ad pedes, in quibus fiunt tubercula & ſic ſolent ſolvere abſceſſus*: for the Cure of which he had much advice, but finding it ineffectual, reſorted to this *Spaw*, which after due preparations by bleeding, vomits, purges, and an orderly diet; which of himſelf he was not much inclin'd to, wrought ſo powerfully on him, every way, as he found exceeding Relief thereby, and is

now returned to the *Isle* of *Man*, (where he usually lives) with much Comfort, and satisfaction: Though such a habit of Distempers will necessarily need, Spring and Fall, some evacuation more than natural.

Monsieur Pelate, Gentleman of the Horse to the Countess of *Derby*, one well verst in Chymistry, and a sober person, who in his own Country had often visited the Waters of *Bourbon*, and the most reputed *Spaws*, acknowledges This, in its kind, to be nothing inferiour to any of them; It having effected a most signal

nal Cure on him, who, being much indiſpoſed, and ſtiff in his Limbs, inclinable, as he ſuſpected to a Palſie (a Scorbutick one I conjecture) drank orderly of this *Spaw*, and within a ſhort time recovered his Limbs, with a conſtant good habit of body, before much indiſpoſed, and obſtructed through a ſedentary life in his more retired years. The laſt Summer he went to *Holywel*, and with others bathed himſelf there. Upon which enſued a great indiſpoſition on his Limbs, and his whole body; The Spring being too cold and piercing (though it muſt be own'd, for its *Riſe* and *Purity*,

Purity, one of the excellenteſt of that nature) as it diſcompos'd him much, ſo much as he hath expreſt his reſentment ingeniouſly, *fecit indignatio verſus*: ſince he hath recovered his health by drinking again This *Spaw*.

John Thorp of *Cheſter*, 16 years old, having been for ſeveral years, if not ſince his birth, exceeding ſcrophulous in his face, arms, body and legs, ſo violent there, as to have eight bones at once took thence, underwent all uſual means for his recovery, but finding little good thence the year 1669. the humour broke forth

forth very violently in his arm, thighs and back, in his back ſo violently as it ran extreamly diſtempering his whole body, ſufficient indeed, and more than ſufficient to make him an object of great Charity; which the Earl of *Derby* conſidering, ordered (about the midſt of *July* laſt,) that he ſhould be brought with much Care to This *Spaw* from *Cheſter*, of which he drank freely, it agreeing (after two or three daies) excellently with him, working by ſtools, and urine, very kindly, ſo kindly as after ſix weeks ſtay there, obſerving an orderly Courſe, both as to Phyſick and diet, his

his Ulcers mended to admiration without any other application whatſoever, than the *Spaw* water; His pains, before intolerable, vaniſht, his ſtrength (neer exoluted) increaſt, and his mind (dejected through the loathſomeneſs of his diſtemper) grew ſerene, ſo that at this day he ſtands a Miracle of Reſtoration, being able to walk cheerfully, that lately could not move without anguiſh, and complaints, though I ſuſpect (unleſs the next *Spaw* ſeaſon perfect his recovery) his diſtemper, through its violence hath ſo impoveriſht Nature, that he will at length fall under his Complaints, through the

the decay of ſome Parts,(without the recovery of which) Nature cannot well ſubſiſt, though at preſent, exceedingly relieved.

John Stephen of *Newgate* in *Holland* near *Latham*, 20 years old, having (near the vertebræ of the loins, within ſomewhat more than an inch of the back bone, upon the firſt of the ſpurious ribs) a great Tumour which for ſix months was gathering to ſuppuration, but could not be brought to it, notwithſtanding the moſt uſual effectual pultiſes, cataplaſms, and plaiſters, till by the advice of a Country woman

man, a Colts Secundine, which was ſtretcht (according to their Cuſtom) on a board, and by pieces applyed to the Tumour ſo ripen'd, and eaſily brake it, as at the firſt running it yielded ſome quarts of laudable Quittor, The next dreſſing almoſt as much, and every day after, for four weeks, the Apoſteme wetted three or four napkins each dreſſing, not unlike to what *Herculius Saxonius* obſerves, *p.* 288. of one he opened, *qui excernebatur pus album eo die ad libras octo, & ſequentibus diebus ultra decem libras*; which comes the neareſt I read of to our Patient, who being thereby brought very

very low, and finding no benefit by what he had been advis'd to for his recovery, He with much difficulty repair'd to *Latham Spaw*, where (after he had took a doſe of the Apozeme preſcribed for the former *Scrophulous* Patient, he drank orderly of that *Spaw*; As *Her. Sax.* in the former Chapt. adviſes *in curatione ulceris poſt abſterſionem: utilitèr enim*, ſays he, *adminiſtrantur omnes Aquæ Thermales, & intemperie calidâ conveniunt frigidæ, in minus calida aluminoſæ, nam exſiccant & mutant intemperiem partes*, as *Foreſtus* in his Chyrurgical Obſervations *p.* 329. alſo adviſes, by which the Patient

tient in few daies gathered ſtrength, with ſuch a ſtomach, as his ſores (he had two) ran kindly, grew ſweet, and by the Fiſtula injection, which the Counteſs of *Derby* (excellent in thoſe things) ordered, out of her Charity and knowledge, is now in ſuch a Condition, as he can without pain ride, nay go many miles, who before could ſcarce hold up his back one ſtep, and might eaſily have the wound healed, if there were not more danger *Lupum auribus tenere*; Some *Recidiva's* remaining, which (for fear the vertebræ of the back ſhould be foul, or the *Cartilage*, and the Tendons

dons of the joynts be thereby impair'd, the Apoſteme being long in gathering) I cannot yet but indulge Doctor *Reads* Caution, not to heal the Orifice too ſoon. Before he came to the *Spaw*, oftentimes the Orifice in his ſide would be ſhut up, upon which he would breath extream ſhort, and ſpit up exceeding bitter matter in great quantity, ready to ſuffocate him (the matter being tranſlated to his Lungs) which, after drinking a day or two of the *Spaw*, turned it's Courſe to the Wound, never reverſing it's order ſince: So happy hath this *Spaw* been to this poor neighbour.

Some in Dropſies have repai-

red happily to this *Spaw*.

The Lord *Strange's* Nurſe, a Woman of a full body, cheerful, and of a wholeſom Complexion, being exceedingly ſwolen in her belly, thighs and legs, nay almoſt all over, afflicted too with violent pains in her head, and a troubleſome Aſthma, ſeriouſly betook her ſelf to drink of this *Spaw*, and without any conſiderable preparation; which, in few months cur'd her Dropſie, remedied her head-ach, and freed her, as it hath done ſome others lately, of her Aſthma, that at this time ſhe enjoys much health.

I know a Divine about 40 years old, a graceful Preacher, and

and Reverend, much afflicted with the Scurvy, and many of its languiſhing ſymptoms, beſides miſerable ſwoln legs, who drinking of this *Spaw* but a few daies, returned home infinitely eas'd of his Complaints, and cured of his ſwoln legs.

In the Worms, nothing proves more effectual. The Houſe-keepers Wife of *Croſs-Hall* (a ſweet Retirement of the Earl of *Derbys*) maintains it, that one of her Children being very ill, and as ſhe thought at the point of Death, and ſhe her ſelf too, at that time, indiſpoſed and ill, drank both of this *Spaw* brought to them in a bottle, by *James Holmes* the Husband, and

immediately they both grew well. The Mother thereupon voiding two, and the Daughter three worms Indeed the Neighbourhood, as I am informed, drinks it often upon that ſcore, and with much benefit.

Miſtris *Elizabeth Nowel*, being troubled with the Palpitation of the Heart from the womb, and Spleen, drank ſome days of this *Spaw*, and found not relief only, but (for ought I yet hear) a Cure.

In Womens Diſeaſes, *viz.* obſtructions of the womb, Critical evacuations, hyſterical fits, *&c.* the whites with all the ſymptoms ariſing thence, the *Spaw* produces excellent effects,

too

too apparent here to inſiſt on, that through the whole, glance only at ſome Cures; As alſo in looſeneſſes, bloudy fluxes, fluxes of the Liver, This *Spaw* effects conſiderable Cures, and that not ſo much as ſome ſuppoſe, by a reſtringent, and thickning quality condenſing the prodigality of Humours preying on Nature, thereby diſabled to act in her own vigour, as by an opening, and diſcuſſing vertue, precipitating the Morbifick Cauſe of theſe and the like fluxes, whereby Nature (being rid of her ſuperfluities) ſhe recovers her priſtine ſtrength, as *Abbeers p.* 24. excellently well obſerves to this effect.

The

The ſame may be affirmed of the Gonorrhea, and all the diſeaſes incident thereto: Of which you may take two Examples, One of a young man about 29 years, who having run through a Courſe of Phyſick, not leſs terrible than the Diſeaſe, drinking of this water, was ſpeedily cur'd of a notable Flux of Bloud in the frenum with its conſequents.

The other was of a man about 30. who having a Conſumption in his back, drank freely of this *Spaw*, and in few daies gathered ſtrength, ſuch as (if a Quartan, which hath ſeiz'd on him this winter, do not again impair his ſtrength exceedingly)

exceedingly) may reſtore him to a healthful Condition.

I may here likewiſe mention one (related to him that looks to the Well) who having ſpent much in the Cure of a dyſentery, was by his friends adviſed to come from *Mancheſter*, where he lived, and lack't not advice of Learned and eminent men, to drink of this *Spaw*, which he did, and in a ſhort time returned cur'd.

Nor is it any wonder that this *Spaw* impregnate with ſufficient virtue, ſhould have ſuch an effect on the Diſeaſes laſt mentioned, ſince (as *Sennertus* obſerves of the taking of the *Aquæ Thermales*, in the Dyſentery, the reaſon

reaſon of which Cure is alſo pregnant for the reſt) That *cùm una opera pluribus ſcopis ſatisfaciant, acres (ſcil.) humores diluant, & deturbent, ſordes ulcerum detergant & ulcera ipſa egregiè conſolident*, ſo my Author in his Ch. *De dyſenteria*, p. 329. 4° which, as a Concluſion to this haſty Diſcourſe, is not impertinent to inſert: And though I might now add more, each day during its ſeaſon, raiſing up ſome paſſage worthy an Obſervation; Yet with the ſhutting up of the *Spaw* in Winter, we will alſo leave the reſt to flouriſh with this *Spring*, If what we have writ, we judge not more than ſufficient.

FINIS.

Memoriæ Sacrum

ILLUSTRISSIMI

Paris Conjugum,

Viri quidem Nobiliſſimi

D.D. CAROLI

Comitis *DERBIÆ*,

Et Junctæ Illi Lectiſſimæ Fœminæ

D. Dorotheæ Helenæ,

Operam Conferentium ut

Aquæ Acidulæ Lathamenſes,

Omnium viſui obviæ & uſui

expoſitæ eſſent.

Anno *à FONTE* ſaliente plus

minus XLXX. Æra Chriſti

MDCLXXII.

A further Account of LATHAM-SPAW, *as* IT *may conduce to the publick Advantage, with eaſe and little Expence, under the favour of the* ILLUSTRIOUS PERSONS, *the Proprietors of* IT, *whoſe Charity expoſes* IT *to All, as their Countenance gives Life and encouragement to* IT.

MAny having been encouraged by the ſucceſs, which They and their Friends have found on their Repair to *Latham-Spaw*, to enquire further after its Effects, and the Times and Cuſtoms to be obſerved there; (too curſorily glanc'd at in the firſt Treatiſe of this Subject) I cannot, but in order to the approaching Seaſon, ſo far yield to the Importunity of Truth, and the publick benefit; as briefly to affirm what the moſt knowing and ingenious teſtifie, that the Excellency of

that Water far excell'd the attempt of its Praiſe and Vertue: though it being remote from the Buſineſs of the Nation, the Acceſs to it may not be ſo univerſal, as is obſerv'd in other Places weaker impregnated with the Minerals, Iron, Vitriol, and Sulphur. Nor were the Effects more viſible on the Plebean, than the Patrician, as hereafter may be more particularly expreſſed; though ſome circumſtances in their Caſes, are more remarkable, than a ſhort time may well comprehend; to which at preſent (intending few Notes only, not a Tract) I am narrowly confin'd. Hence for their clearer Information, who ſhall repair thither, for the opening of Obſtructions, either of the Liver, Spleen, or Meſentery, the Inn of ſlow Fevers, and other contumacious Effects; freeing the Uriters of Gravel, Stone, or Phlegm, reſtoring the Appetite, clearing the Veſſels of the Gall and curing the Diſeaſes incident thereunto, alſo the ſuppreſſion

of

of Urine, painfulneſs, *&c.* the rectifying the Womb, furthering Conception, menſtrual Evacuations, and rectifying other Infirmities of Women; diſſipating Hypocondrick Vapours, or Melancholy, removing old Pains, Scorbutick affections, with its prodigal and virulent Progeny, Dropſies, Aſthmas, Morphew, diſtempers of the Reins, Worms, Reliques and proper Fuels of intermitting Fevers; healing old Sores, ſore Mouths, inflam'd Eyes, inveterate Dyſenteries, Laskes, and Fluxes, with many Diſeaſes lodging in the Channels, through which the water paſſes. I ſhall add ſome Directions, obſerving (to the Prophanation of this great Bleſſing) how irreligiouſly, how brutiſhly moſt flock thither, (as to other Spaws) without diſcrimination, or rules to be bounded by in their Drinking; as if the Water were a Spell, not a Medicine: whereas the influence even of the Pleiades, and Orion, have not their natural Effects, but as the Bodies (they work on) are capacitated to imbibe their Energie.

In purſuance of which, ſo grateful to the moſt illuſtrious Indulgers of this Spaw, whoſe Intereſt is never ſo well advanced as in the Community of Good, I ſhall ſet down ſome Canons which (obſerved) may make the Waters (influenced from above) truely healing and beneficial; not here only, but where ever the like are drunk, ſo as theſe Rules may prove a general Benefit ſumm'd up in a narrow Room: In publiſhing of which, I comply rather with their Charity, (diffuſive as their vertues) then ſeek my Eaſe or Repoſe.

Firſt, as to the Time, though ſome are of opinion, Waters may be drunk in winter as being ſtronger then: Yet the Air being then cold, the Pores are more condenſed, whence the paſſages are not ſo relax; and commonly one is drieſt in the Summer months, ſo more inclin'd to drink freely, a good Expedient to carry them off readily; in which reſpects, I conceive the fitteſt Time to repair hither, is, from the end of *May* to *Auguſt*, incluſively.

Some

Some (ſo the conſtitution of the Seaſon diſſwades not) commend *Auguſt* moſt, though generally then the firſt Rains begin, and that (according to the Proverb) diſcovers the Poverty of Nobility: The Trees thence forward caſting their Livery, whence People cloathing themſelves warmer imply Waters (afterwards) are ill Viſitors of the inward parts: But this Circumſtance may be ore-rul'd according to the ſeaſonableneſs of the year, no maxim being truer than that, *Change of Seaſons principally begets Diſeaſes.* Certainly the hotteſt Seaſon, and cleareſt Air, are fitteſt Times to drink Waters in: the Air (a vehicle by which Diſeaſes are conveyed to us) being much indiſpoſed by the contrary, conſequently Waters, and we by them, in caſe Wind, Rain, or Air prove unwholſom; Yet I have known *Thoſe*, whom the ſtrongeſt Medicines could not move, the Waters (though in Winter) have wrought on effectually; but ſuch Patients are not ſufficient to make the Rule general.

Secondly, let *ſuch* (as would drink theſe Waters) adviſe with their Phyſician, whether the Cauſe (for which they would apply themſelves hither) be probable to be relieved here: *Silæ* was not for all; ſince Luxury, complicate Diſeaſes have flown in upon us. Nothing is ſo ſoveraign which (in ſome reſpect) may not be attended with an inconvenience, though I havebeen ſo ſtrict, in my obſervation of this Water, that I cannot charge the leaſt *Ill* upon it; *who* were fit to drink it; *who* have took it orderly, *that* have not been ſpent with Age, or whoſe Heat or Vital parts have not been aſleep.

Thirdly, having rightly diſcovered the Diſeaſe (for one may emulate another, and yet is not to be cured by the ſame means) let *them* carefully purſue Rules, drink orderly, and keep within the compaſs of a ſober Dyet.

Rules conſiſt firſt in Purging, either by Vomit, or Stools, of which more in the larger Treatiſe on this Subject, it being impoſſible to apt Medicines

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to every ones *Neceſſities*, though (in general) the *Nauſeous* may help their Stomachs by Hiera Picra, in Pills, from half a Drachm to a Drachm, or take it in its *Species*, with Syrup of Wormwood, and ſtrengthen their Stomach afterward with Zedoary, Galinga, *China*-Ginger, ſweet Calamus Roots candied, and the like. The coſtive may do well to take *Diacaſſia cum Manna* an ounce, Cremor Tartar a ſcruple, made into a Bolus the night before, or ſome of the lenitive Electuaries with a little Hiera Picra, which by morning may relax the belly. 2. Let the Patient drink the Water early, on an empty Stomach, and walk, jump, ride, ſwing the Arms, ſhoot at Butts, or exerciſe gently after, alſo a little before; the better to relax the Paſſages, and excite natural Heat: *weak Perſons* may drink them in their bed, ſomewhat warm, but never too much at once, leaſt driving obſtructive Matter into the Uriters, the Waters find not a current flux; or (the Stomach being over-charg'd)

charg'd) the Patient be forced to vomit: not that a *Vomit* the first or second day may be inconvenient, though the Custom of it may effeminate the Stomach, and divert the Course more natural and intended. Hence I disallow drinking in the afternoon, unless a Cup or two, four or five hours after Dinner, that the Chylus diluted may be the better distributed; but then I am against *such* as would sleep upon it, for that (as some well observe) the Water lying longer in the Stomach, than at other times, and gathering Heat, it sends up Vapours apt to oppress the Brain. 3. After the Water begins to come off kindly, the Patient may drink thin Veal or Mutton Broth altered with Asparagus, Fenel, Parsley roots and the like, with Tops of young Wheat, Succory, Chervil, and seasonable Herbs, the better to warm the Stomach and open the passages. 4. Dine not till the Water be come off: A little White or Rhenish Wine (in a glass or two of the Water) furthers that; sometimes a Pipe of

of Tobacco, alſo Elecampane or Angelica Roots candied, Orange Pills, Tablets of Aromaticum Roſatum, and the like, mentioned under the firſt head (ſtrengthening the Stomach) help concoction, then which nothing can bring off the waters ſooner. 5. As one aſcends by degrees to his Doſe, (which is impoſſible to aſſign poſitively to any, for that the Water works not alike with All) ſo let him deſcend gradually; and if he will not admit of other Phyſick, let *him*, at leaſt, take a Gliſter in concluſion, that (what the waters have thrown into the Bowels) it may cleanſe and relieve; Elſe *after evacuations*, (ſometimes Torments) may enſue very prejudicial: indeed Gliſters (and thoſe of the Spaw Water) may (in caſe of Coſtiveneſs, or obſtinate obſtructions) be of excellent uſe through the whole courſe. 6. Feed on meats eaſie of Diſgeſtion, ſuch as may rather ſatisfie than whet the Appetite; *The Belly's cheaply fed*: eſpecially avoid the crude Fruits of the Seaſon, *viz. Cher-*

ries,

ries, *Cucumbers*, *Millons*, *Peaſe*, *Peaches*, or what may raiſe the leaſt ſatiety; the fertile *Parent* of divers complicate inexplicable Diſeaſes. 7. Spend the vacant time in gentle exerciſe, as before is ſpecified, alſo in Mirth, and good Company, that together with the Body, the mind may be relieved. 8. Get convenient ſleep in the nights, rarely in the day, unleſs the Patient be very weak, and that ſleep may be taken with Advice; and in caſe you ſweat kindly in the night, check not favourable Dews; although *ſuch* I am againſt, in the *Act of Drinking*; for that it ſpends much of that matter which is more natural to come away by Urine, ſo, infeebling the Spirits, it much indiſpoſeth the Patient. 9. Leſs then fourteen or twenty days (a reſpect being ever had to the habit of the Patient, and his ſtrength) cannot well ſerve to run the Courſe in: *In* the ſtrict obſervance whereof, ſome times Headach, Mazineſs, and the like (by reaſon of vapours) affect the Patient. In others the pains of

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the Hemorrhoids prove offenſive: And the Waters get off difficultly with others. All which may thus probably be remedied.

Firſt, the Patient (having been ſeaſonably purg'd) may take a Tablet of Sugar of Roſes, preſerv'd Quinces, or the like, mentioned in the firſt Head under the Rules to be obſerv'd, which, gratifying the Brain, repells the groſneſs of the vapours.

Secondly, the Hemorrhoids may be prevented by a Gliſter (in a little quantity the better to retain it) of common Oyl, or Oyl of Violets and Butter, injected a convenient ſpace before the Patient drinks the Water; or make an Oyntment of Oyl of Violets, Mucillage of Pſylly ſeeds; and a little Wax, wherewith (as alſo with Oyl of Eggs, well beaten with the yolk of an Egg) the Part may be well anoynted.

Thirdly, as to the difficult coming off of the Water, ſharp Glyſters may be excellent, yet in reſpect there is ſome doubt of thoſe as not ſufficient-

ly reaching the Parts moſt burthened, *Caſar Claudinus* his *Bolus Sylvius*, his *Electuarium Hydragogum*, a neat compounded Medicine, or the deobſtructive Powder mentioned in the firſt Treatiſe, pag. 27. may do well in a draught of white Wine early in the morning. Nay the ſame Powder taken (ſometimes from a Drachm to a Drachm and a half with the water) may be a ready *means* to bring it off, or to prepare the Body at firſt, as hath been long experienced: Though if the Body ſtill proves obſtinate, its better to deſiſt, then force Nature to what ſhe will not readily yield to. And yet I have found, nor are *others* without the ſame Notion, that where theſe, or the like waters come not off readily, they often ſpend themſelves (even ſome months after) in beneficial ſweats, or large ſalivations, nay (not ſeldom) in great quantities of Urine; that it hath amazed ſome, where the treaſures of theſe Waters ſhould be ſo long depoſited without further prejudice, which (as obſervations

vations very important) I could not but inſert, that where the Waters are ſlow, hopes may not be cold. *Some* complain of ſharpneſs of Urine, after drinking the Waters, though *Others* are certainly cur'd (even of this complaint) by their orderly government herein; to remedy which, Emulſions of the greater cold Seeds, white Poppy Seed, and Almonds ſweeten'd with Sugar of Pearl, Syrup or Sugar of Althea, may contribute much: though I have long experienc'd, that a draught of Florid Wine well defecated hath not had leſs happy effects on this complaint, than it hath found in the Dyſury, or Strangurie, proceeding from cold Indiſtempers fomented by refrigerating accidents; *Of which*, and the other Heads I might ſay more, the Field being ſpatious, but ſo *theſe Rules* (with the rational deductions that may favourably be gathered thence) may be well obſerved, I ſee not why brevity to the

the Reader as well as to my ſelf may not be an advantage. Farewell.

Caſtalios Latices decantavere Poetæ,
At Lathamenſis *tutior hauſtus* Aquæ.
Mens vatum Lymphata furit, corpuſq; tabeſcit,
Aſt hinc mens ſano Corpore ſana viget.

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